

# Low FODMAP diet cuts irritable bowel syndrome symptoms

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(HealthDay)—A diet with reduced content of fermentable short-chain carbohydrates (fermentable oligo-, di-, monosaccharides, and polyols [FODMAPs]) reduces symptoms of irritable bowel syndrome (IBS), with reductions similar to those seen for traditional dietary advice, according to a study published in the November issue of *Gastroenterology*.

Lena Böhn, from the University of Gothenburg in Sweden, and colleagues compared the effects of a diet low in FODMAPs with traditional [dietary advice](#) in a [randomized controlled trial](#). Patients with IBS were enrolled and randomized to groups that ate specific diets for four weeks: a diet low in FODMAPs (33 patients) or a diet often recommended for patients with IBS (regular meal patterns, with emphasis on how and when, rather than what, to eat; 34 patients).

The researchers found that IBS symptom severity was reduced in both groups during the intervention (P

"A diet low in FODMAPs reduces IBS symptoms as well as traditional IBS dietary advice," the authors write. "Combining elements from these two strategies might further reduce symptoms of IBS."

**More information:** [Abstract](#)  
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